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Pumpkin Omelet with Peanut Sauce

Ingredients for Omelet:

5 egg whites
1/4 cup julienned green peppers
1/4 cup julienned red peppers
1/4 cup mushrooms
1/4 cup cubed yellow pumpkin
1/2 tbsp chili powder
1 tsp paprika

Ingredients for Peanut Sauce:

1 tbsp peanut butter
2 tbsp plain, fat free Greek yogurt

Directions:

1. Boil pumpkin in a medium-sized pot for approximately 10 minutes, or until pumpkin is tender.
2. Meanwhile, sauté the other vegetables.
3. Cook egg whites in a separate pan over medium heat.
4. Once cooked, combine pumpkin with the sautéed vegetables and stir in chili powder and paprika.
5. In a separate, small bowl, mix together the peanut butter with yogurt.
6. Scoop the vegetable mixture over egg whites and pour the peanut sauce on top.